



# InShape

## West Valley City Fitness and Recreation Center News

### Adult Dodgeball League



Recreational dodgeball league for adults 18 and older. The league will follow the National Amateur Dodgeball Association rules and guidelines.

January 20 to March 24, 2010 on Wednesdays beginning at 6 p.m.

Team rosters will be 6 to 10 players with a \$15.00 fee per player. Registration deadline is January 11, 2010.

Register as a team or individual.

### After-School and Day Camps for Kids

Field Trips! *Face Painting!* *Western Day!* *Games!* *Sports!* *Friends!* *Safari Day!* *Dancing!* *Roller Skating!* *Ice Skating!*

#### After School Camp (K-6)

After school camps include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$25 – one week; \$7 – one day

#### Kidz Kamp Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday • 7 a.m. -6 p.m.

\$20 per day; \$90 per week (additional children, \$80)

#### Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7 a.m. – 12 noon for Afternoon Kindergarteners  
Mon.-Fri. 11:30 a.m. – 6 pm for Morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, rock climbing, field trips, silly games and much more.

\$45 per week or \$10 per day per child (No Refunds)

*\*We provide transportation to & from Valley Crest ONLY*

Registration for all camps are due by Wednesday at 1 p.m. the week prior to the beginning of camp. No late registrations or date changes accepted.



### Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month  
Non-Members - \$45/month

For more information, call  
(801) 955-4000.



### Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

### West Valley Dance Force



The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information, call  
(801) 955-4030.

### Tae Kwon Do (For ages 8 & older)

Tuesdays and Thursdays

New/Beginner:  
7 - 7:45 pm

Intermediate/Advanced:  
7:45 - 8:30 pm

Members, \$30; non-members, \$40 (monthly)

### Looking for Holiday Gift Ideas?

#### Give The Gift That Lasts All Year!

FREE Gift with purchase of new memberships before December 24th.

Family memberships available now with the first month only \$32.80

Other membership options available, call (801) 955-4000 for more information.

#### Gift Certificates make great stocking stuffers!

FREE Gift with purchase of new memberships before December 24th.

- Swimming Lessons
- Personal Training Sessions
- 10-Pack of Day Passes
- Fitness Class Passes
- And Much More... information.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

